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JUNK FEUD

Charity giants waging 'new tobacco' war: Food marketing to children

metroNEWS

Couple freed by judge re-arrested

TERRORISM

Nuttall, Korody facing new restrictions, expert weighs in



Jen St. Denis
Metro | Vancouver

Can you prevent someone from committing a crime you think

they might do in the future?

When it comes to terrorism, Canada has been increasingly attempting to do just that through the use of a peace bond, a measure that can place limits on travel, association, the possession of weapons and books and accessing information via the Internet.

It is the tool used by police following the release of Amanda Korody and John Nuttall on July 29 after a B.C. Supreme Court justice found the

pair had been victims of police entrapment. The couple, convicted in 2013 of plotting to place bombs on the B.C. Legislature, would not have been capable of carrying out the plan without the significant help of an undercover RCMP officer, Justice Catherine Bruce ruled.

The same morning of the judgement, Crown counsel and the RCMP were meeting with a judge to apply for a peace bond, according to Marilyn Sandford, Nuttall's defence lawyer.

The result was a dramatic mid-afternoon arrest that saw Korody and Nuttall briefly returned to police custody just hours after their initial release; after agreeing to interim bail conditions, they were released once again. A judge will hear an application to impose a peace bond on September 7.

"It's a difficult hearing for a judge, because unlike in Justice Bruce's case, it's not about what happened in the past, it's about a prediction about

what may happen in the future," said Kent Roach, a law professor at the University of Toronto and co-author of False Security: The Radicalization of Canadian Anti-Terrorism, in a phone interview.

Since 2001, prosecutors have been able to use a peace bond in cases where people have expressed support for terrorism. But the burden of proof to impose a peace bond was lowered with the passage of the former Conservative gov-

ernment's controversial anti-terrorism law, Bill C-51, last year. Before that, prosecutors had to prove they had reasonable grounds that the person will commit a terrorist offence. Bill C-51 changed that to may commit a terrorist offence.

It is now much more difficult to mount a defense against the imposition of a peace bond, Roach said. That's led to a number of cases where people have agreed to abide by peace bonds simply to stay out of jail.



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March mixes Pride and politics

DIVERSITY

Issues of racism need to be addressed: Participant



Wanyee Li
Metro | Vancouver

Dozens of people walked in a march for queer people of colour Monday afternoon in Vancouver, and many told Metro it was a way to put the activism and politics back into Pride.

Some described the march as a grassroots alternative to the corporate-sponsored Pride Parade and a chance to raise issues such as racism against

queer people of colour.

"A march like this is more political, so after a joyful celebration (on Sunday) we can still talk about things that we still need to address — and one thing that is very important is the issue of racism," said Dora Ng, who attended both the Pride Parade and Monday's march in the Downtown Eastside.

Issues of racism and police brutality are at the forefront of some people's minds following the massacre in Orlando at a gay bar popular with the Latin LGBTQ community, and police killings of black people.

Ng, who is a trans person from Hong Kong, said racist comments on social media posts in recent months made it evident there is much more work to do.

"I think this year, with everything that has gone on, I'm feel-

ing very raw and I find it kind of difficult to just be purely joyful as I did in previous years."

Denise Fraser, who hosts the radio show Queer FM on CITR, said Pride's focus has shifted away from the activism that used to drive the parade.

"It's very corporate," she said, holding onto a large rainbow flag.

Feral Rizei, identified as a "transmasculine queer Pakistani Muslim," participated in the main Pride Parade in previous years, but did not feel comfortable attending this year.

Monday's march for queer people of colour was an opportunity to proudly show off both their heritage and gender identity, said Rizei, surrounded by friends at Victory Square, the march's starting point.

"It's really good to meet other

queer Pakistanis because you rarely see them around. This is us showing our pride."

Monday's event, called the Two Spirit Queers, Trans, Intersexed, and Bisexual People of Colour March, will likely happen again next year, said organizer Imtiaz Popat.

"I think people want to do it every year," he said. "We'll just make it part of Pride Weekend."

Popat, who did not attend Sunday's march, said diversity in the LGBTQ community makes this march and others like Saturday's Dyke March necessary.

"We're always going to have differences in every community," he said. "But there can be togetherness in that division too and there can be healing and that's what we're doing here."

"Inclusion comes from dialogue."



Some participants see the march as a grassroots alternative to the "corporate" Pride Parade. **WANYEE LI/METRO**



PARADE TRUDEAUS MAKE PRIDE TREK Prime Minister Justin Trudeau along with his wife Sophie Gregoire Trudeau and kids Hadrien, Ella Grace and Xavier take part in the Pride Parade in downtown Vancouver on Sunday. As many as 500,000 people packed into the city's West End to see the first sitting Canadian Prime Minister ever to march in Vancouver's annual event, according to organizers. "What an incredible pleasure it is to be back here in Vancouver," said Trudeau, moments before the parade set off. "We celebrate the great diversity that is such a strength of our country. We celebrate community. We celebrate family. And all these things together means we're going to have a great Pride." Trudeau launched his election campaign one year ago at Vancouver's 2015 Pride Parade.

WANYEE LI/METRO

PHOTO: JONATHAN HAYWARD/THE CANADIAN PRESS

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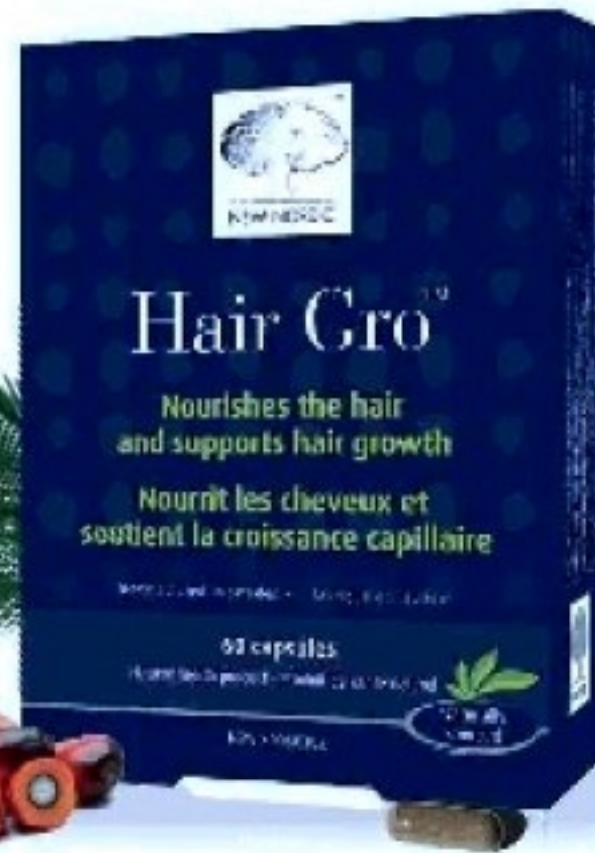
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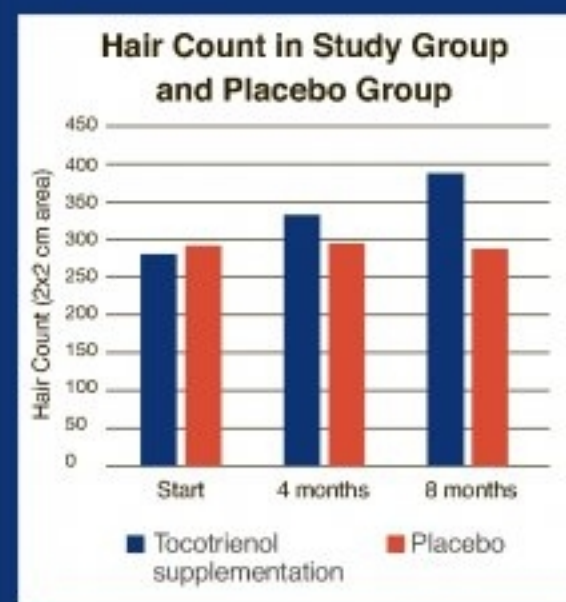


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Researchers studied an area of the scalp equal to 2x2 cm and counted the hairs at the beginning of the study, at 4 months and at 8 months. At the end of the study, the participants on the tocotrienol supplement had gained 34.5% more hair or an increase in average hair count from 285 to 383 hairs. Most of the group showed increases of 10-25%, but 40% of the group had more than 50% increase in hair growth. And only one person did not have any results.



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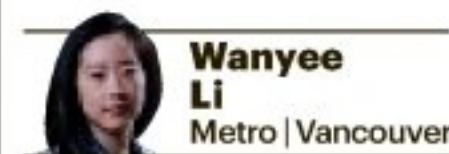
Vancouver's Little Free Library, one of at least 25 in the city, is among thousands in the world.

FACEBOOK

Book-charming the neighbourhood

COMMUNITY

Everyone is welcome to borrow and contribute



Wanyee Li
Metro | Vancouver

A 30-book library in Vancouver's Grandview Woodland neighbourhood caught the attention of several workers passing by last week and its stewards thought the worst when the orange-vested men opened the library's miniature door.

"I immediately thought, 'Oh no, they're going to take down our library,'" Rosemary Rowe, a Vancouver playwright and co-founder of Little Free Library #6034, told Metro on Monday.

But it turns out the workers simply wanted to put the books in order.

"One fellow turned to me and said, the books are all jumbled up in here ... now

they are all alphabetized by title," she said.

Rowe and her wife Kate Trgovac set up the Little Free Library, one of at least 25 in Vancouver, near McLean Drive and 7th Avenue about three years ago as a way to expand their regular book swaps with friends. Anyone can borrow or contribute books to the library, which is part of a worldwide network.

"I thought, wouldn't it be cool to do it on a broader scale and it just seemed like such a nice thing to do," said Trgovac, who applied for a neighbourhood grant from the City of Vancouver to set up the library.

The pair of self-professed

were out there all the time, making sure there were different books. We catalogued all the books."

More than 2,500 books have cycled through the library's two shelves since then, according to the couple, who track at least some of their inventory through the website Goodreads. Most people don't return the books they take — Little Free Library #6034 has a return rate of 15 per cent, said Trgovac.

But that doesn't bother the library's caretakers because the project has brought neighbours together and it's helping people discover books they normally would not pick up, said Rowe.

“It really took on a life of its own about six months ago. People really take care of it and it has become a fixture. Rosemary Rowe

book nerds stocked the library with their own books to start the collection off. The project required a lot of stewardship at first, said Rowe.

"The first two years, we

"It really took on a life of its own about six months ago," she said. "People really take care of it and it has become a fixture in the neighbourhood."

A new public health battleground

OBESITY RATES

Charity giants' new campaign takes on junk food industry



David P. Ball
Metro | Vancouver

They're calling junk food the "new tobacco" war.

Some of Canada's largest and most influential health charities — led by the Heart and Stroke Foundation and the Childhood Obesity Foundation — are girding for a battle they're comparing to their 1990s campaigns against the cigarette industry.

The new target: food marketing to children. The Stop Marketing to Kids Coalition has blossomed to more than 10 other organizations, and 30 endorsements, across Canada. And because of the risk unhealthy products could pretend to be healthy, they're pushing for a complete ban on all food and beverage advertising aimed at under-18s.

"We're seeing higher rates of hypertension, diabetes and high cholesterol," explained Mark Collison, the Heart and Stroke Foundation BC & Yukon's director of government relations and health promotion. "We've even got kids with Type 2 adult-onset diabetes now getting the disease in their late teens."

"It's become really insidious. Ninety per cent of food marketed to children is high in sugar, salt and fat. Industry has no business, really, in the

minds of kids."

The coalition's manifesto: the Ottawa Principles, a nine-point plan to stop marketing primarily targeted at children, to prevent advertising in schools and daycares, and create review and enforcement mechanisms to approve ads. They've proposed created an exception for non-profit nutrition campaigns.

Though the coalition's endorses have been in talks since 2014, the election of the federal Liberals sparked a push to formalize their campaign into a coalition in February.

In particular, Collison said the "catalyst" was Prime Minister Justin Trudeau instructing his appointed Minister of Health to introduce "new restrictions on the commercial marketing of unhealthy food and beverages to children, similar to those now in place in Quebec," he wrote to Jane Philpott.

But the Childhood Obesity Foundation's Dr. Tom Warshowski told Metro

“

This isn't about a nanny state. We're not telling people what to do. We're telling industry what to do: Back off and let parents do their job

Mark Collison, Heart and Stroke Foundation

Even fast-food restaurants salads, which appear healthy, are high in calories.

Besides, he quipped, "We don't see carrots, cauliflower and broccoli being marketed. We're seeing processed foods, happiness in a can, junk food."

Collison brushed off fears of a "nanny state" choosing what parents can feed their kids. Advertising everything

from Happy Meals to Disney-themed soda pops, the Heart and Stroke Foundation argued, has effectively "brainwashed" generations of youth who are psychologically vulnerable to marketing ploys.

"This isn't about a nanny state," he added. "We're not telling people what to do. We're telling industry what to do: Back off and let parents do their job."

Nobody was available for an interview Monday from the Food and Consumer Products of Canada — which represents beverage and food industry nationally. But in previous statements, the organization has emphasized the importance of nutritional education for parents, and cited the industry's efforts to reduce salt, sugar and fat content in products over time.

"The fact that we are now counter to the food industry, and media, bottom line is unfortunate," Warshowski said.

"That creates more opposition to our efforts than ever before."

"We've never stepped up with a policy campaign that's going to face such entrenched opposition from industry. Tobacco would be the closest parallel."

Advocates are not waiting to see what the federal government will actually do about it and are already meeting with health ministry officials and gearing up to push their message wider this fall. In the mean-

time they're broadening their coalition to send a message. "We want to show the federal government that there is the support for them to carry on and have the courage to introduce these restrictions," Collison said. "Just get on with the job, don't get distracted by industry."

"In a few years, we're going to hopefully see the results of these efforts — and a bending of the health-care costs trajectory."



Mark Collison, with the Heart and Stroke Foundation BC & Yukon, stands by a Denny's restaurant near the charity's Vancouver office. Over his shoulder is an example of common marketing oriented to children, he said. DAVID P. BALL/METRO

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CELEBRATION OF LIGHT

Disney boosts fireworks attendance



Jen St. Denis
Metro | Vancouver

The participation of the Walt Disney Company at this year's Honda Celebration of Light pushed attendance to above 500,000 on the last night of the festival, following lower than usual crowds on the previous two evenings.

Attendance was around 200,000 on Saturday, July 23

and on Wednesday, July 27, said Paul Tilbury, co-chair of the Vancouver Fireworks Festival Society, putting attendance at roughly one million. In past years attendance has come in at around 1.2 million, or 400,000 per night, according to the society.

Sunshine and the fact the final night coincided with Pride Parade's eve were also factors in Saturday's boost, Tilbury said.

Disney, representing the U.S., was the winner of the com-

petition, which also featured Royal Fireworks of the Netherlands and Howard's Fireworks of Australia.

The winning performance featured iconic Disney soundtracks from Frozen, Star Wars, Pirates of the Caribbean, and The Lion King.

Tilbury said Disney's participation changed the demographics, with more families present.

"I've never heard the crowd on English Bay roar as loud as they did when the opening line

of (The Circle of Life from) The Lion King opened part of the show," Tilbury said.

"This year Disney had expressed an interest in being able to represent the United States."

The Celebration of Light aims to break even, and the society is on track to cover the \$2.2 million cost of putting on the festival through sponsorships and tickets sales, Tilbury said. WITH FILES FROM WANYEE LI



The U.S. performance Saturday night. @BLUEJULES815/INSTAGRAM

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Site C permits spark outrage

ENVIRONMENT

Announcement came Friday before the long weekend

First Nations, landowners and environmental groups are accusing Justin Trudeau of reneging on promises made during last year's election campaign as the federal government quietly authorizes construction to ramp up for a controversial hydroelectric dam proposed for northeastern B.C.

In a permitting document issued without fanfare late Friday before the August long weekend, the Department of Fisheries and Oceans and Transport Canada authorized B.C.'s power utility to move ahead with Site C.

This includes building the actual kilometre-long earthfill dam, along with the spillways, drainage tunnels and generating stations and, ultimately, permission to divert the Peace River and flood what will become an 83-kilometre reservoir.

Site C is a \$9-billion megaproject that BC Hydro says will provide B.C. with clean, renewable electricity for more than a century starting in 2020, though the proposal faces steadfast opposition from various groups over its environmental impact and a lack of consultation.

"If this were the Harper government, I wouldn't be surprised at all," said Ken Boon of the Peace Valley Landowner Association, adding that he was both shocked and disappointed by the news.

"(Trudeau) ran on a platform of doing things a new way, and having a nation-to-nation relationship with First Nations, and having greater environmental awareness," he added. "And then we get this."

Boon's organization filed a lawsuit against Site C, which has since been rejected, though an appeal is pending.

By BC Hydro's estimates, the Site C reservoir would expand the Peace River up to three times its width and flood 5,340 hectares of land, seven per cent of which is privately owned.

In an email, BC Hydro confirmed permits had been issued for the project by the Department of Fisheries and Oceans, as well as Transport Canada, which also authorize operating the facility for the next 50 years.

"Site C is a complex project with many different elements and the permits are an important part of construction proceeding as planned," wrote spokeswoman Simi Heer. "There are more than 1,500 people working on the project and it is on time and on budget."

The Department of Fisheries and Oceans did not respond to a request for comment.

The project is the subject of multiple legal challenges, from First Nations, landowners and environmental groups alike. But last week's authorization means construction of the megaproject won't be held up while grievances make their way through the courts, including an appeal court decision on a Treaty 8 First Nations lawsuit that is expected this September.

Caleb Behn, a Treaty 8 member and the executive director of the advocacy group Keepers of the Water, described the permit approval as a politically motivated decision that reinforced the Trudeau Liberals' business-as-usual approach to First Nations relations.

"We are the heart and soul of the oil and gas economy in this country. We have given coal. We have given oil. We have given trees. My dad went to residential school. We gave souls," Behn said in an interview.

"And this is how you're going to treat us in the 21st century? This is the kind of hypocrisy that makes me question the wisdom of my ancestors choosing to sign on to treaties." THE CANADIAN PRESS

Shambhala fest crowdfunds for fentanyl-detecting device

OVERDOSE DEATHS

Drug-testing machine could improve safety, say organizers

For the past 14 years, organizers of a giant electronic music festival on a British Columbia mountain ranch have quietly helped participants test their recreational drugs to find out what substances are inside.

Shambhala organizers will also hand out 4,000 pamphlets warning about the deadly drug fentanyl to those attending the festival that starts Wednesday.

But what they really hope will increase safety is a miniature mobile mass spectrometer.

Unable to secure government funding for the sophisticated drug-testing machine, which could cost up to \$250,000 or more, organizers have launched an online crowdfunding campaign hoping to make the purchase by next year. The machine can detect many ingredients in one substance.

The campaign comes amid the declaration of a public health emergency over a surge of opioid overdose deaths in the province, many of them related to fentanyl.

Premier Christy Clark announced last week that a task force had been created to scale up the response. One of its stated goals is to improve street drug checking.

But Shambhala organizers say they can't wait.

"We have to move very quickly

if we're going to stop any more deaths from happening," said Chloe Sage, who has run the harm-reduction operation at the festival for the past six years.

The tent provides recreational users with chemical agents that change colours when tested so they can personally check their drugs, but they don't work for fentanyl.

Sage said the creation of the provincial task force is movement in the right direction, and has only recently become possible as public opinion shifts. B.C.'s Ministry of Health funded Sage and a colleague to write a 60-page "how-to guide" for drug checking at music festivals this spring.

"The conversation has only become a national conversation in the last year," she said.

Participants at music festivals aren't typically opioid users, Sage said, but the tainting of many street drugs with fentanyl means

it could show up. The drug, which is up to 100 times more powerful than morphine, was linked to hundreds of overdose deaths in B.C. in the first six months of this year.

Sage would ideally like the government to acquire several mobile mass spectrometers that could be rolled out to large events across the province. They could be made accessible to the public in high-risk communities or at supervised injection sites during the rest of the year, she said.

Experts and health policy makers in the province say a harm-reduction plan that facilitates

"We have to move quickly if we're going to stop any more deaths from happening."

Chloe Sage



An ANKORS volunteer in the process of drug testing during the Shambhala music festival in the event's harm reduction tent.

THE CANADIAN PRESS FILE

drug checking has merit, but aren't convinced that buying expensive machines is the answer.

Provincial health officer Dr. Perry Kendall, who is one of two leaders on the new task force, said the mass spectrometers must have a broad enough detection spectrum to be worth the investment of tens of thousands of dollars.

"If you have the capacity to do that, that would certainly add an extra level of check," he said. "It would certainly improve the safety of a safe-consumption site."

But Kendall said many machines only test for some varieties of fentanyl, and noted some other killer drugs, such as the synthetic chemical W-18, are not even detectable by most hospital

equipment yet.

Organizers of the Pemberton Music Festival, north of Whistler, said they prepared last month for potential fentanyl overdoses by stocking naloxone, a life-saving reversal agent. Among 650 people who were treated by medics for various ailments, only one person needed the antidote.

Dr. Sam Gutman, medical director for the festival attended by

about 180,000 people, said he supports the concept of providing sophisticated drug testing. However, he has never deployed self-checking because he hasn't found adequate technology, and cautioned that even with a mass spectrometer many details would still have to be worked out.

THE CANADIAN PRESS



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NATURAL DISASTERS

Emergency ops underway two months after wildfire



Brodie Thomas
Metro | Calgary

Fort McMurray hasn't seen a plague of locusts yet, but it can add flooding to the list of natural disasters it has experienced this year.

Low lying parts of the city saw flooding after a day of heavy rain on Sunday, causing the city to activate its emergency operations centre.

Dennis Morais lives in the community of Gregoire, in the city's southwest. While his home wasn't directly affected, he drove down for a closer look.

"It was flooded by the high school and just by Highway 63," he said, noting that police had to close off some roads to traffic.



Photos show cars at a Fort McMurray dealership being inundated with water after heavy rains callused localized flooding Sunday. COURTESY MADYSON DOUCET

Morais said he heard that many of his neighbours had flooding in their basements.

While vehicles with wheels were blocked from the flooded areas, that didn't stop Tyrone Kendell, another Gregoire

resident, of trying out his sea-doo in about four feet of flood water.

"A couple of my buddies dared me and I went through with it."

Kendell said he was out for

about five minutes before he saw the city's pump trucks coming and decided to get out of the way.

Darby Allen, director of emergency management for the municipality, said in an

85 mm

Fort McMurray received around 85 millimetres of rain in just two hours on Sunday.

email that the region received around 85 millimetres in just two hours on Sunday.

Environment Canada issued a rainfall warning for Fort McMurray and surrounding areas on Sunday morning and continued the warning later in the afternoon.

The forecast said some areas could receive thunderstorms that deliver 100 millimetres of rain or more.

By Monday, the flooding had subsided, leaving those with flooded basements to clean up yet again.

A wildfire spread into the city on May 3 and forced more than 80,000 people to leave for nearly a month.

It destroyed roughly 2,400 homes and other buildings, about one-tenth of the city.

WITH FILES FROM THE CANADIAN PRESS

COMPUTING

Cloud data strategy rolled out

A federal proposal for the use of cloud computing makes it clear that the most sensitive data the government keeps about Canadians won't be allowed to leave the country.

Only information the government deems "unclassified" — meaning it's unauthorized release carries little, if any material or physical harm to the government or individual Canadians — will be allowed to cross the border, bound for cloud computing servers in other countries, under the government's newly released cloud computing strategy.

When data does leave the country, it must be encrypted, says the strategy that has been in development for more than a year.

Sensitive personal information on Canadians like social insurance numbers and top secret government data will remain on cloud servers in the country so the federal government maintains "sovereign control over its data," the strategy says.

THE CANADIAN PRESS

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Shark derby baits anglers with thrill

TOURNAMENT

460 fishermen caught 49 deep sea predators in 2015

For most Canadians, sharks are objects of mystery and fear — unblinking, primeval monsters of the deep whose razor-sharp teeth are the stuff of nightmares.

In Nova Scotia, however, for a few weeks every summer they are objects of desire.

Unique in Canada, the province hosts annual shark derbies every August, in which hundreds of anglers pay for a chance to land one of the top predators of the sea.

These fishing tournaments have been closely monitored by the federal Fisheries Department since they started in 1993. Four are scheduled for the next two weekends: two in Cape Breton and two along the province's southwest shore.



A 3.3-metre, 492 kilogram mako shark caught at the 2004 Yarmouth shark derby. THE CANADIAN PRESS

"Just to feel it, even if it's a little one, you've got something there that's very powerful," said George Benham, president of the 25th annual Lockport Sea Derby. "It can run for a minute or two and a time, and the line is flying off the reel. It's exhilarating."

Benham says the town's festival also offers prizes for those who catch the largest mackerel

and groundfish, typically cod, pollock and haddock. But it's the big sharks that attract the most attention when fishermen haul them onto the wharf to be weighed and examined by federal scientists. Benham, a lobster and cod fisherman, admits shark fishing can be dangerous. "If you catch one, and you start putting your hands and fingers around

their mouth — well, that's not a smart thing to do," he says.

Virtually all of the sharks landed during the derbies will be blue sharks, the most abundant type of shark off Nova Scotia and southeastern Newfoundland.

Any blue sharks under eight feet long must be released back into the ocean, according to federal rules introduced in 2006.

Benham says the largest blue shark he's seen was about 12-feet long and probably weighed about 400 pounds.

But there are even bigger sharks to be had, though they are rarely caught.

In 2004, a massive 1,085-pound shortfin mako shark was landed in Yarmouth, N.S., where it was hauled away with a forklift, its gaping jaws showing rows of hooked teeth.

The shark derby is Louisbourg, N.S., is called "Mako My Day!"

Thresher sharks are sometimes caught, as are porbeagle sharks. But the endangered porbeagles must be released.

THE CANADIAN PRESS

SASKATCHEWAN

Short-term water lines flow, winter looming

Now that water is starting to flow through temporary lines to Saskatchewan communities affected by an oil pipeline spill, planners are beginning to shift more attention on what to do in case their river remains contaminated when winter approaches.

Prince Albert city manager Jim Toye said one of the options that's being discussed is to return to drawing water from the North Saskatchewan River and treating it for hydrocarbons.

"That's our major plan right now. We do understand that it doesn't matter what we're doing here, we have about 95 days before it starts to get really cold in Saskatchewan, that we

can't be above ground with what's providing our safe, potable water," Toye said on Sunday.

The city of about 35,000 shut its intakes on the North Saskatchewan shortly after a Husky Energy pipeline spilled up to 250,000 litres of oil mixed with a lighter hydrocarbon called a diluent into the river near Maidstone almost two weeks ago. Since then, it has been relying on stored water in reservoirs as well as from a storm retention pond to supply its treatment plant while it constructed two temporary, above-ground lines along highways to other rivers in the region.

THE CANADIAN PRESS

IN BRIEF

Quebec politician Sylvie Roy dies of hepatitis

A Quebec provincial politician who died suddenly Sunday succumbed to acute hepatitis, one of her

political aides said Monday.

The cause of Sylvie Roy's death was confirmed by Eric Vachon, a close confidant of Roy's.

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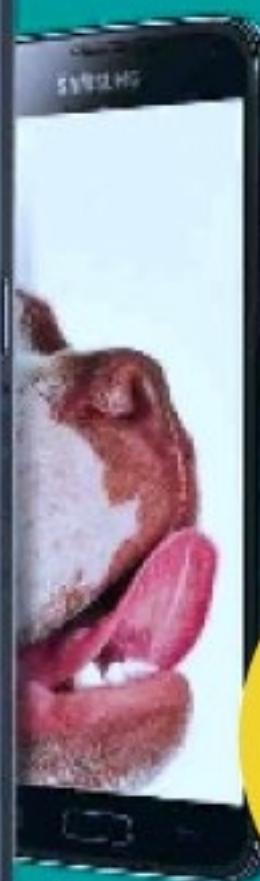
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Members of forces loyal to Libya's unity government take part in the military operations against Daesh in Dollar neighborhood in the center of Sirte, 450 kilometres east of Tripoli.

MEDIA CENTRE OF THE GNA FORCES MILITARY OPERATION AGAINST IS IN SIRTE/HANDOUT/AFP/GETTY IMAGES

U.S. strikes Daesh from sky in Libya

COALITION

Action follows worries about group's rising threat to Europe

The United States launched multiple airstrikes against Daesh militants in Libya on Monday, opening a new, more persistent front against the group at the request of the United Nations-backed government, Libyan and U.S. officials said.

Fayez Serraj, the head of Libya's UN-brokered presidency council, said in a televised statement that American warplanes attacked the Daesh bastion of Sirte on the Mediterranean in northern Libya. No U.S. ground forces will be deployed, he said.

The precision strikes, which targeted a Daesh tank and vehicles, come amid growing concerns about the group's increased threat to Europe and its ability to inspire attacks across

the region, even though its numbers have been shrinking because of attacks from local forces and allied international troops.

"The presidency council, as the general army commander, has made a request for direct U.S. support to carry out specific airstrikes," Serraj said. "The first strikes started today in positions in Sirte, causing major casualties."

The strikes mark the start of a more intense American role in the fight against IS in Libya, as the U.S. steps in to assist the fragile, UN-backed government. They were the first strikes by the U.S. on the group in Libya since February, and they are expected to continue. But officials said they expect the air campaign will last weeks, not months.

Obama's authorization for action in Sirte covers strikes,

intelligence and surveillance, but not ground operations, according to a White House official, who wasn't authorized to speak publicly about the strikes and requested anonymity.

Serraj said his government is joining the coalition against Daesh, adding, "This is the time for the international community to live up to its promises to the Libyan people."

He also noted that the strikes will not go beyond Sirte and its surroundings. He said any other foreign intervention is not allowed without co-ordination.

His warning comes after several French commandos were killed fighting Daesh militants.

U.S., French, British and Italian special operations forces and military experts have been assisting Libyan troops fighting Daesh militants in eastern and western Libya.

THE ASSOCIATED PRESS

6,000

U.S. officials earlier this year estimated there were as many as 6,000 Daesh insurgents in Libya.

HEALTH

Zika warning issued for Miami

Government health officials warned pregnant women Monday to avoid a Zika-stricken part of Miami and told couples who have been there recently to put off having children for at least two months, after the number of people feared infected through mosquito bites in the

U.S. climbed to 14.

In its highly unusual and perhaps unprecedented travel warning, the Centers for Disease Control and Prevention also said expectant mothers should get tested for the virus if they have visited the neighbourhood since mid-June. All 14 cases are thought

to have occurred in Miami's Wynwood arts district, a trendy, fast-gentrifying neighbourhood of warehouses, art galleries, restaurants and boutiques.

Gov. Rick Scott asked for a CDC emergency response team to help Florida combat Zika.

THE ASSOCIATED PRESS

Turkey seeks U.S., EU support

Turkey summoned a German diplomat Monday over a court decision that prevented President Recep Tayyip Erdogan from addressing a demonstration in Germany, while the top U.S. military official visited Ankara as Turkey navigated through increasingly strained relations with key allies.

The government has expressed growing annoyance over what it sees as a lack of support from its allies in the European Union over its response to the failed July 15 coup, saying it expected solidarity rather than criticism for the widespread crackdown on those suspected of links to the coup plotters.

The attempted coup left 271 people dead in a night of violence when renegade sections of the military used tanks, fighter jets and helicopters to try to overthrow the government.

Erdogan has accused the United States of harbouring



Chairman of the Joint Chiefs of Staff of the United States Joseph Dunford (left) in conversation with Turkish Prime Minister Binali Yildirim in Ankara. HAKAN GOKTEPE/AFP/GETTY IMAGES

Muslim cleric Fethullah Gulen, who lives in self-imposed exile in Pennsylvania and who the president says masterminded the coup. Ankara has demanded Gulen's extradition, but Washington is asking for evidence of the cleric's involvement and says

the extradition process must be allowed to run its course.

Gulen was once an Erdogan ally until ties soured several years ago.

Germany is home to roughly 3 million people with Turkish roots. THE ASSOCIATED PRESS

HOT AIR BALLOON CRASH

Pilot flew despite drunk driving past

The pilot of a hot air balloon that crashed in Texas, killing 16 people, was able to keep flying despite having at least four convictions for drunken driving in Missouri and twice spending time in prison.

Whether the pilot's drinking habits had anything to do with the crash was unclear. A former girlfriend described Alfred "Skip" Nichols as a recovering alcoholic. She said he had been sober for at least four years and never piloted a balloon after drinking.

Nichols, who had been stripped of his driver's licence at least twice, "couldn't drive a car but he could pilot a hot air balloon," said an attorney who represented a passenger who sued Nichols in 2013. The passenger said she was hurt when Nichols crash-landed a balloon in the St. Louis suburbs.

Had he been a commercial airplane pilot, Nichols probably would have been grounded long ago.

The Federal Aviation Administration might allow a recovering alcoholic to fly commercial jets if the pilot could show that he or she was being successfully treated, said John Gadzinski, an airline captain and aviation safety consultant. But the agency is unlikely to accept an airline pilot with convictions for driving under the influence, he said.

The 49-year-old Nichols also had a long history of customer complaints against his balloon-ride companies in Missouri and Illinois dating back to 1997. Customers reported to the Better Business Bureau that their rides would get cancelled at the last minute and their fees never refunded. THE ASSOCIATED PRESS



A crew hoists a bag holding the remains of the hot air balloon. DEBORAH CANNON/AUSTIN AMERICAN-STATESMAN VIA THE ASSOCIATED PRESS

IN BRIEF

Five dead after Russian chopper shot down in Syria

Rebels in Syria shot down a Russian combat helicopter on Monday amid fierce fighting around Aleppo, killing all five people on board in the deadliest single incident for the Russian military since it became embroiled in Syria's civil war 10 months ago.

The helicopter downing came as the Syrian army, under Russian air cover, fought to repel a rebel attempt to break the government's siege of Aleppo, killing more than 800 militants, according to the Russian military.

THE ASSOCIATED PRESS

Taiwan leader apologizes to aboriginals for suffering

Taiwan's president on Monday apologized on behalf of the government to the island's aboriginal peoples for 400 years of conquest and colonization, saying the facing of difficult historical facts was necessary for society to move forward.

Tsai Ing-wen said her government wished to "take a further step" and offer its "fullest apology."

THE ASSOCIATED PRESS



Meet the Botlr — a robot being rolled out at Aloft hotels in the U.S. If you need extra towels or a toothpaste, send the request from your smartphone and the Botlr will be right up. CONTRIBUTED

Customer service gets a tech upgrade

Robot concierge: Hotels are using robots to do some repetitive tasks, such as fetching extra towels or pillows. The Hilton chain has Connie, while at Starwood, there's the Botlr, which executives say frees up staff to help guest with other more important tasks.

Mirror, mirror, where's my news?: Some hotels are testing ways to deliver information such as weather and news headlines, including on a mirror

in the guest's room.

Light my way: Even though a hotel room is familiar, in many ways it can be unfamiliar. When guests are staying in an unfamiliar setting, it can be easy to trip on the way to the bathroom at night or stub a toe on a dresser.

Plug and play: With travellers arriving with multiple devices, often loaded with favourite shows or movies, hotels are making sure they can



Four Points Sheraton hotels is testing a smart mirror offering news, sports scores and the weather forecast. CONTRIBUTED

be played on the room's TV. Marriott has partnered with Netflix so users can hook up their accounts.

Instant chat: Marriott says its check-in and check-out service on its app is popular, and it lets guests use chat feature to ask specific questions.

Quick feedback: Hotels.com will ask guests to send real-time reviews upon check-in — click on a smiley face or frowny face to a few simple questions including the room and location, and problems can be promptly fixed. TORSTAR NEWS SERVICE

Embracing the future

TOURISM

Smartphone apps to enable keyless entry to hotel rooms

The last thing weary travellers want to do is to wait in line for their hotel room key. That's what hotel chains believe, and thanks to technology, they have already begun to offer smartphone entry.

In the hotel room of the future technology will simplify things. There will be one less plastic card to lose and technology will anticipate your needs, switching on lights or dispatching a robot to deliver extra towels or pillows.

Keyless entry is available at the Aloft Hotel in Vaughan, Ont.,

where people can check in using the Starwood app, get a notification when their room is ready, and be sent their room number, without talking to anyone.

"It's very easy to lose your key, but you never lose your phone," said Matt Rattray, general manager of the hotel, next to the Vaughan Mills shopping mall. "Guests like to bypass the front desk."

On a recent visit, Rattray found three guests had used the keyless entry program by early afternoon, though they must have stayed previously at that hotel at least once to bypass the front desk entirely.

And don't think about using it as a way to sneak around for secret trysts, because only one guest can use their smartphone at a time. TORSTAR NEWS SERVICE

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ROSEMARY WESTWOOD

Couples preparing for each other's death: The final compromise

If, like me, you're in your 30s, you might also have reached the stage in life when your parents plan their funerals.

It's a reasonable enough conversation. Cultural and religious norms that were once automatic have been usurped by personal preferences; we've undergone a democratization of death. But an underlying tension remains: Do we mark death for the dead or the living?

"Once you have died, it's about the people who've been left behind," my mum told my dad. They were in the kitchen, and she'd just returned from a Catholic funeral-info session, covering what personal details a priest might need for the service and keeping the eulogies short and sweet.

Mum, the religious one, had come away with an interesting idea: She would be planning her own funeral, yes, but also my non-religious dad's.

You'll have a church service said in your name, she told him. For her sake.

"I will?"
"You can't just die and be put in our compost bin," she said.

What about being cremated in the barbeque "until I fit in an urn," he countered playfully.

"You'll be sorry one day," she warned. But she agreed there should be a party: "We'll get drinks, a couple of frozen lasagnas and some Caesar salad."

"Oh thanks, big spender!"
"It'll be a wake — lots of

drinking going on. Where it is and how it works out, we'll have to see about that," she said.

"I have got to get busy on this one," said dad.

Neither has any need for a cemetery plot, they said, which is just as well. Those are becoming elusive, and pricey: Toronto might be out of death space in 10 or 15 years, and Vancouver's plots were going for \$25,000 last year.

Mum redoubled: Not a full funeral for dad, but a mass held in his name at the Catholic church where she's a scripture reader, a gardening volunteer and the new head of an environmental group.

"I could still say what readings we do and what songs we sing," she told him.

"You can say, or I can say?!" Dad asked. Then, to me, with a grin: "When mum goes to bed, she still goes to her bed. I can see this is going to be an interesting process."

Listening to them, it occurred to me that this was probably the most logical way for a couple to think about death. That is, collaboratively. Since they've spent their lives compromising and caring for one another's needs, why not carry that right on into funerals? Thus: No surprises, no disappointments, and perhaps even the extra comfort that the very last act in your life as a couple, you did together.

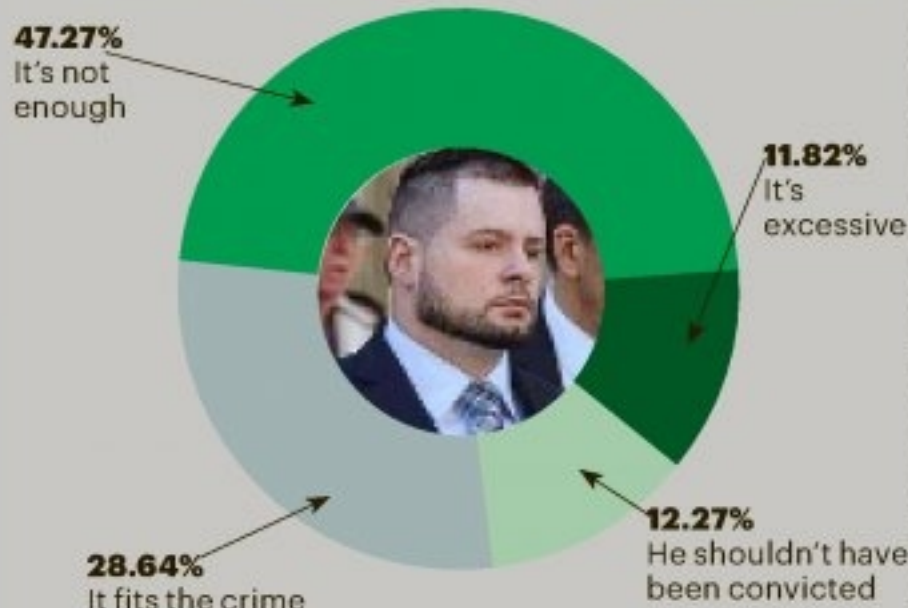
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METRO POLL

Was James Forcillo sentenced fairly?

In January, Toronto police constable James Forcillo was convicted of attempted murder for shooting Sammy Yatim, 18, on a streetcar. Last week, Forcillo was sentenced to six years in prison. The judge said that six of the nine shots fired by Forcillo were "unnecessary and unreasonable and excessive." Forcillo's lawyers have said that he is the only police officer in Canada to be convicted and sentenced for attempted murder. We asked for your take.

1 What's your opinion of Toronto police constable James Forcillo's six-year sentence?



WE ASKED Metro readers

Sammy was being held captive in the streetcar. None of the 9 shots needed to be fired.

8-10 years would have been more just, and perhaps stood as some sort of deterrent in the future.

Police should be tried like everybody else.

When the people who we entrust to uphold the law break it. The consequences should be greater. The sentence was not enough.

He was just doing his job, he is not a criminal.

The gun can't be the answer to every confrontation ... Officers need better training.

If you truly read the details and reasoning behind the sentencing with an open mind, the decision/sentence is well thought out.

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We like taxes when we know we won't have to pay them

CITY HOLLER

Trish Kelly



Today marks a watershed moment in British Columbia. For those fingerpointers who believe that foreign investment is the culprit in our unaffordable housing market, today may be seen as the first day of come-uppance. The province's new property transfer tax takes

Even if the tax doesn't succeed in softening the market, at least the tax could fund some affordable housing.

effect today and foreign buyers of real estate will now pay an additional 15 per cent tax on top of our overheated real estate prices.

Though many are expressing concerns that the new tax has loopholes so big you could drive a moving truck through them, it's a significant day for another reason: there's a new tax being introduced and people like it. In fact, 9/10 Vancouverites recently polled say they support the tax. Of course, those are Metro Vancouver residents, and residents of Victoria and the Okanagan, areas with their own housing woes, won't be so excited, as smart foreign buyers will now look to buy in their cities to avoid this Metro Vancouver-only tax.

It was just a year ago when our region was asked in a plebiscite if we would support a new tax to fund our transit infrastructure,

and people almost lost their minds. The difference? The plebiscite, which asked residents if they would pay a mere additional 0.5 per cent sales tax, would have been out of their own pockets. We hate tax when we have to pay it, and we will support it when someone else will have to pay.

It sounds like the province has already been in touch with local mayors to point out that the revenue from this tax is promised to fund affordable housing projects in the region. And looking at the numbers, that's pretty attractive. A recent snapshot of the B.C. market tracked nearly \$1 billion dollars in real estate purchases by foreign buyers across B.C. in a five-week period, most of it in the Metro area. Vancouver's mayor has said the city has 20 shovel-ready city owned sites to offer up for affordable housing projects

funded by the province or feds.

But if the bank account starts brimming with those tax dollars, it's actually a bad sign. It means that the 15 per cent tax is not a deterrent to foreign buyers, who may just shrug off the tax as an additional cost of doing business. What's another \$300,000 when you're paying \$2 million for a home?

Even if the tax doesn't succeed in softening the market, at least the tax could fund some affordable housing. And for those scapegoating foreign buyers, I guess this can be their catharsis.

For today, let's take it as a win that we've found a tax people can be happy about, and the province didn't make us go through another plebiscite to get it.

Trish Kelly lives and writes in East Vancouver. Follow her on Twitter @trishkellyc

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AMERICA VOTES

Twin activists offer insight into millennial politics

Genna Buck
Metro Canada



They couldn't be less like the stereotype. Far from being shiftless, lazy millennials, Jack and David Cahn, at just 20, have organized student movements, travelled across the United States as champion debaters and embarked on engineering studies at the University of Pennsylvania.

And now, in time for the 2016 U.S. presidential election, they've penned *When Millennials Rule: The Reshaping of America*. It's a comprehensive look at the hopes, dreams and political leanings of the 80-million-strong cohort born between 1980 and 2000, who will come to dominate American public life in the near future.

David Cahn sat down with Metro. The following is edited and condensed for clarity.

We've had a couple of nutty weeks in American politics. From the millennials' eye-view, what struck you from each of the conventions?

The most impactful moment of both conventions was President Obama's speech. Millennials elected him. They were disappointed in him for the first few years, but he



In their new book *When Millennials Rule*, David, left, and Jack Cahn write that millennials are realists not ideologues. CONTRIBUTED

will be remembered by history as a president millennials support and love, and they'll compare future presidents to him.

I saw Donald Trump's speech (at the Republican National Convention). This is my personal reaction — I'm not speaking for millennials now — this was his "I'm a fascist" speech. It was almost out of a history textbook.

You read about how these leaders came to power by preying on people's fears. I mean, verbatim, that's what he said. He said "You are in danger."

Talk about the core millennial values you've identified

— **optimism, authenticity and tolerance. Why these three?**

We travelled around the country talking to millennials. We went through a lot of research reports and surveys, and these are always in the top five. First, authenticity: I mean look at their votes for Ron Paul (in 2012) and Bernie Sanders. People are really searching for authenticity. As for optimism, just look at Obama's message. Even though two-thirds of millennials are living paycheque to paycheque, 80 per cent think they're going to be better off than their parents. It doesn't get more optimistic than that. And tolerance for divers-

ity: American public schools today are majority minority. We have a much different perspective on immigrants and on (minority) groups, because we've been integrated with them.

You write that millennials are realists, not ideologues. But this is an incredibly ideological election. The Bernie or Bust crowd are the opposite of realists.

I disagree with that. Millennials did not support Bernie Sanders because of his ideology. They want change. And (Sanders) talks about the issues that matter to young people. He's the one talking about Black Lives Matter. He's

the one talking about college debt. He is a pragmatic, non-ideological choice.

Who's going to win millennials in November?

I'm very confident Clinton will win a broad mandate with millennial voters — if they show up to the polls.

How can she make that happen?

She has to make a positive case for herself. Millennials will just sit out this election if they feel it's a choice between the lesser of two evils. She needs to talk about the issues that matter to millennials, to everybody. That's the difference between pandering and

being authentic.

What are those issues?

The economy, student debt, and gun control.

Gun control, really?

Yeah, surprisingly. According to the justice department, one in five millennials has seen a shooting. That's a terrifying number. These are the people feeling the impact (of gun violence) the hardest.

Millennials, you write, have contempt for politicians. Where's that coming from?

Millennials have had maximal exposure to just how broken the political system is. In 2000, the first millennial election, the Supreme Court chooses the president. In 2008, we elect a president who is supposed to change everything, but in 2012, millennials still don't have jobs, and Mitt Romney says 47 per cent of the country is moochers. And 2016 we have Trump and Clinton. It seems like it gets worse every time.

You are both engineering students, but you wrote this political book. Are you pivoting toward a life in politics? Even a run for office?

This book highlights just how differently millennials think about public policy. If they think about making change, they think about apps, and about the Internet and entrepreneurship, not about running for office. I can make a bigger impact there than I could in politics.

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MONEY MATTERS

Many things can influence impulse buys, so beware

Gail Vaz-Oxlade
For Metro Canada



Whenever I have a big purchase to make, I imagine buying it or place the item in a "shopping cart" online, then sleep on it for a few days.

I find that if I load up the cart in my brain and then sleep on it, I can decide with fresh eyes how much I really want what I've put in my cart, and whether I'm happy with the price.

Heaps of things can influence your desire to impulse shop. According to research, most impulse purchases are made because the item is on sale. Yup, just the idea that you may be getting a bargain is enough to make you dig into your wallet. Thing is, if you're responding on impulse, how can you possibly know if you are getting a good deal? And if

you're responding to a percentage off, what does that mean in real dollars saved versus the very real dollars spent?

It's not just the numbers or words on the sale sign that will grab your attention. Colour can draw you in and keep you focused. Strong contrasts, like black and yellow, are key. In fact, bright yellow has been proven to be the most visible colour, and when we see black and yellow together, we have an instinctive reaction — an ancient collective memory — that keeps us paying attention.

Even our means of transportation can impact our impulse

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Strong contrasts like black and yellow cause our attention to perk up. ISTOCK

purchase. Not surprising really. We might be willing to fork over money and lighten our wallets, we're far less willing to carry our stuff. That's why shoppers who arrive by car instead of on foot are 44 per cent more likely to make an unplanned purchase.

Emotions play a huge role in our desire to impulse buy. If we're angry, stressed, guilty or bored, we're more likely to impulse purchase. No doubt that's why instead of buying useful or necessary stuff, impulse shoppers buy things that put them in a better mood.

That old adage "don't go shopping on an empty stomach" doesn't just apply to grocery shopping.

Psychologists at the National University of Singapore had

participants shop in a room with an unscented candle or in a room with a cookie-scented candle.

The women exposed to the yummy smelling candle made more unplanned purchases. In fact 50 per cent more women made purchases in the cookie room even though both groups were told that they had a tight budget.

Stimulating the appetite causes people to crave immediate gratification, even if the actions aren't in their best interest.

If you scratch the itch in the store, it's an impulse buy. When you realize you need something and then set out to get it, that's purposeful shopping. If you recognize the need away from the temptation to

shop, it's what psychologists call "problem recognition" and you're much more likely to shop smart.

That's where sleeping on it comes into play. If you walk away from the idea of the buy, giving your brain enough time to weigh the actual benefits (what said purchase will do for you) against the actual costs (money and missed future opportunities), you're moving from impulse shopping to problem recognition (and satisfaction).

The next time you think you want to, need to, have to buy something, go home and sleep on it.

For more money advice, visit Gail's website at gailvazoxlade.com

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A Boston Public Schools initiative will allow students to sign up for wake-up calls from David Ortiz designed to help inspire kids to get out of bed



Something's in the water

ROAD TO Rio
Contaminated coastline

'Don't put your head under,' expert warns

Just days ahead of the Olympic Games the waterways of Rio de Janeiro are as filthy as ever, contaminated with raw human sewage teeming with dangerous viruses and bacteria, according to a 16-month-long study commissioned by The Associated Press.

Not only are some 1,400 athletes at risk of getting violently ill in water competitions, but the AP's tests indicate that tourists also face potentially serious health risks on the golden beaches of Ipanema and Copacabana.

The AP's survey of the aquatic Olympic and Paralympic venues has revealed consistent and dangerously high levels of viruses from the pollution that has set off alarm bells among sailors, rowers and open-water swimmers.

The first results of the study published over a year ago showed viral levels at up to 1.7 million times what would be considered worrisome in North America or Europe. At those concentrations, swimmers and athletes who ingest just three teaspoons of water are almost certain to be infected with viruses that can cause stomach and respiratory illnesses and more rarely heart and brain inflammation — although whether they fall ill depends on factors like the strength of one's immune system.

Since the AP released the in-



Beachgoers swim at Copacabana Beach on Sunday in Rio de Janeiro. RYAN PIERSE/GETTY IMAGES

“It's been decades and I see no improvement.”

Biologist Mario Moscatelli

itial results last July, athletes have been taking elaborate precautions to prevent illnesses that could potentially knock them out of the competition, including taking preventative antibiotics, bleaching oars and donning plastic suits and gloves in a bid to limit contact with the water.

But antibiotics combat bacterial infections, not viruses. And the AP investigation found that infectious adenovirus readings — tested with cell cultures and verified with molecular biology protocols — turned up at nearly 90 per cent of the test sites over 16 months of testing.

“That's a very, very, very high percentage,” said Dr. Valerie Harwood, Chair of the Department of Integrative Biology at the Uni-

248M

The most contaminated point is the Rodrigo de Freitas Lagoon (rowing). In June, adenovirus readings were still a hair-raising 248 million adenoviruses per litre. In California, viral readings in the thousands per litre set off alarm bells.

versity of South Florida. “Seeing that level of human pathogenic virus is pretty much unheard of in surface waters in the U.S. You would never, ever see these levels because we treat our waste water. You just would not see this.”

Testing at several of the city's

world-famous beaches has shown that in addition to persistently high viral loads, the beaches often have levels of bacterial markers for sewage pollution that would be cause for concern abroad — and sometimes even exceed Rio state's lax water safety standards.

In light of the AP's findings, Harwood had one piece of advice for the 300,000-500,000 foreigners expected to descend on Rio for the Olympics: “Don't put your head under water.”

Swimmers who cannot heed that advice stand to ingest water through their mouths and noses and therefore risk “getting violently ill,” she said.

Despite a project aimed at preventing raw sewage from flowing

directly into the Gloria Marina through storm drains, the waters remain just as contaminated. The first sampling there, in March, 2015, showed over 26 million adenoviruses per litre; this June, over 37 million adenoviruses per litre were detected.

The local organizing committee has previously said bacterial testing conducted by Rio state authorities has shown the aquatic venues to be within state guidelines.

The crux of the issue lies in the different types of testing used to determine the health and safety of recreational waters.

Bacterial tests measure levels of coliforms — different types of bacteria that tend not to cause illnesses themselves but are indicators of the presence of other, potentially harmful sewage-borne pathogens such as other bacteria, viruses and protozoa that can cause cholera, dysentery, hepatitis A and typhoid, among other diseases. Bacterial tests are the worldwide standard because they're cheap and easy.

But there's a growing consensus that they're not ideal for all climates, as bacteria break down quickly in tropical weather and salty marine waters. In contrast, viruses have been shown to survive for weeks, months or even years — meaning that in tropical Rio low bacterial markers can be completely out of step with high virus levels.

The testing also revealed alarming spikes in fecal coliform levels — the very measure the state government uses to determine the safety of Rio's recreational waters. THE ASSOCIATED PRESS

IN BRIEF

Hesjedal to retire after '16

Canadian cyclist Ryder Hesjedal confirmed on Monday that he will retire at the end of the 2016 season.

The 35-year-old Victoria native won the 2012 Giro d'Italia won stages in the Vuelta a Espana (2009, 2014), earned a second place in the Amstel Gold Race (2010), and fifth overall in the Tour de France (2010).

He began as a professional in mountain biking in 1999 before switching full-time to the road with US Postal in 2004. THE CANADIAN PRESS



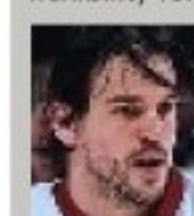
Ryder Hesjedal
GETTY IMAGES

Coyotes buy out forward Vermette's last year

The Arizona Coyotes parted ways with veteran centre Antoine Vermette to give themselves some more flexibility for next season.

The Coyotes bought out the final year of Vermette's contract on Monday, making the 34-year-old a free agent. Instead of counting \$3.75 million against the salary cap, Vermette will count \$1.25 million each of the next two seasons as Arizona looks to get younger.

THE ASSOCIATED PRESS



Antoine Vermette
GETTY IMAGES

TRADE DEADLINE HIGHLIGHTS

METS GET Jay Bruce (OF)	REDS GET Dilson Herrera (IF) Max Wotell (LHP)	RANGERS GET Jonathan Lucroy (C) Jeremy Jeffress (RHP)	BREWERS GET Lewis Brinson (OF) Luis Ortiz (RHP)
GIANTS GET Matt Moore (LHP)	RAYS GET Lucius Fox (SS) Michael Santos (RHP)	DODGERS GET Rich Hill (LHP) Josh Reddick (OF)	A'S GET Jharel Cotton (RHP) Grant Holmes (RHP) Frankie Montas (RHP)
RANGERS GET Carlos Beltran (OF)	YANKEES GET Dillon Tate (RHP) Nick Green (RHP) Erik Swanson (RHP)	ORIOLES GET Steve Pearce (IF/OF)	RAYS GET Jonah Heim (C)

THE ASSOCIATED PRESS

MLB

Jays' Sanchez to 'pen after Liriano deal

The addition of veteran pitcher Francisco Liriano assures that all-star Aaron Sanchez will be heading to the Blue Jays bullpen.

The 32-year-old Liriano was acquired by Toronto in a trade with the Pittsburgh Pirates on Monday in exchange for right-hander Drew Hutchison.

The Jays were already discussing moving the 24-year-old Sanchez out of his starting role. General manager Ross Atkins says that acquiring Liriano makes the move a guarantee.

“A big part of Aaron is we feel like with transitioning him to a

relief role will be the best thing for us being in a Game 7 of the World Series,” Atkins said. “We're still working through the timing but this (trade) allows us to do that.”

“The best chance for us to win a World Series is if Aaron Sanchez is part of the team, and we felt like the best odds of him being part of the team was at some point some transition to the bullpen. With that in



Francisco Liriano
GETTY IMAGES

mind, we now have the option to do that.”

Toronto also got two prospects in the deal, catcher Reese McGuire and outfielder Harold Ramirez.

Liriano has a 6-11 record this season in 21 starts with a 5.46 earned-run average and 116 strikeouts. The best season of Liriano's 11-year career came in 2013 with the Pirates, while he was an all-star at 22 with Minnesota in 2006. Atkins believes that Liriano's experience outweighs this season's numbers.

Liriano had a 16-8 record with

a 3.02 ERA and 162 strikeouts in 2013 with Jays catcher Russell Martin as his primary backstop.

In other deals on Monday, Toronto acquired right-handed pitcher Scott Feldman from the Houston Astros in exchange for pitching prospect Gaudalope Chavez. The Blue Jays also got righty Mike Bolsinger from the Los Angeles Dodgers for reliever Jesse Chavez and cash considerations. THE CANADIAN PRESS

Go to **metronews.ca** for coverage of Monday's Jays-Astros game in Houston.

'Caps going in blind to Central FC tie

CONCACAF

Caribbean opposition a mystery to Robinson's men

The Vancouver Whitecaps are heading into the unknown as they prepare to face Central FC on Tuesday night in a CONCACAF Champions League match being played in Trinidad and Tobago.

The Whitecaps know little about the type of game Central FC likes to play or the conditions of the pitch. "We are going into the unknown a little bit," said Whitecaps' head coach Carl Robinson. "It will be a good experience for a lot of my players."

The Whitecaps are coming

off a 2-0 loss on Sunday to FC Dallas in a Major League Soccer match played in blistering 40-degree heat in Frisco, Tex. Robinson will take 18 players for the game being played in Couva, a city in west-central Trinidad with a population of around 21,000.

Known as the Sharks, Central FC plays in the TT Pro League, the country's top division, where they have won back-to-back titles. They also have won the last two Caribbean Football Union Club Championships.

Kenwyne Jones, a former English Premier League striker and captain of the Trinidad and Tobago national team, has joined the Sharks. He has over 100 goals in his career, including 40 in the Premier League. Jones is on loan to Central FC and is expected to join the expansion

Atlanta United FC when they make their MLS debut in 2017.

The 10,000-seat stadium where the match will be played was built in 2011 and was named after Ato Boldon, the former sprinter and four-time Olympic Games medalist. Robinson said he isn't sure what to expect in the match.

"It's probably a more slower style," he said. "You have to deal with conditions, different temperatures. It will be an interesting game. We will concentrate on us and what we can do. We know it will be a difficult pitch." Defender Jordan Harvey said the Whitecaps have the ability to adapt to different styles of play.

"That's the beauty of MLS, there is a style change week to week," he said. "Different teams play differently. Goalkeeper David Ousted is confident



Carl Robinson
GETTY IMAGES

the coaching staff will have the team properly prepared. "We are playing a side we honestly don't know a lot about," he said. "Obviously the coaches will do their due diligence and put us in the best position to win that game."

The Whitecaps are sitting in the sixth and final playoff spot in the MLS Western Conference with an 8-9-6 record. Vancouver hasn't scored in its last two MLS games and is 2-4-4 in the last eight.

"We have to hit form at some stage," said Robinson. "We have been a little bit to inconsistent this year." The Whitecap players not making the trip to Trinidad will travel to Houston where they will train for the rest of the week before the team travels to Colorado for a game against the Rapids Saturday.

Forward Giles Barnes, who the Whitecaps acquired Saturday from the Houston Dynamo will join the team in Dallas.

THE CANADIAN PRESS



SOCCER LIVERPOOL LOSE AGAIN IN PRE-SEASON Liverpool striker Daniel Sturridge leaps over Roma defender Emerson Palmieri on Monday in St. Louis. Sheyi Ojo equalized after Edin Dzeko opened for Roma, but the Reds were undone by Mohamed Salah's 62nd-minute strike to fall 2-1. AP/GETTY IMAGES



We are going into the unknown a little bit.

Whitecaps head coach Carl Robinson

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RECIPE Green Goddess Salad



PHOTO: MAYA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

• 1 cup scallions

Directions

1. Put the dressing ingredients in a blender and whiz away.

2. Steam your asparagus for 3 to 5 minutes until they are crisp tender. Plunge them in cold water to stop them from cooking.

3. Wash and dry all of your other veggies. Tear and arrange your lettuce on a plate or platter.

4. Take the half, pitted avocado and cut into cubes. Scatter across the lettuce.

4. Cut up the asparagus into small pieces, about 2 inch lengths. Toss those on. Scatter the cucumber and tomatoes over your salad. Slightly dress the salad before covering in feta.

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Ingredients

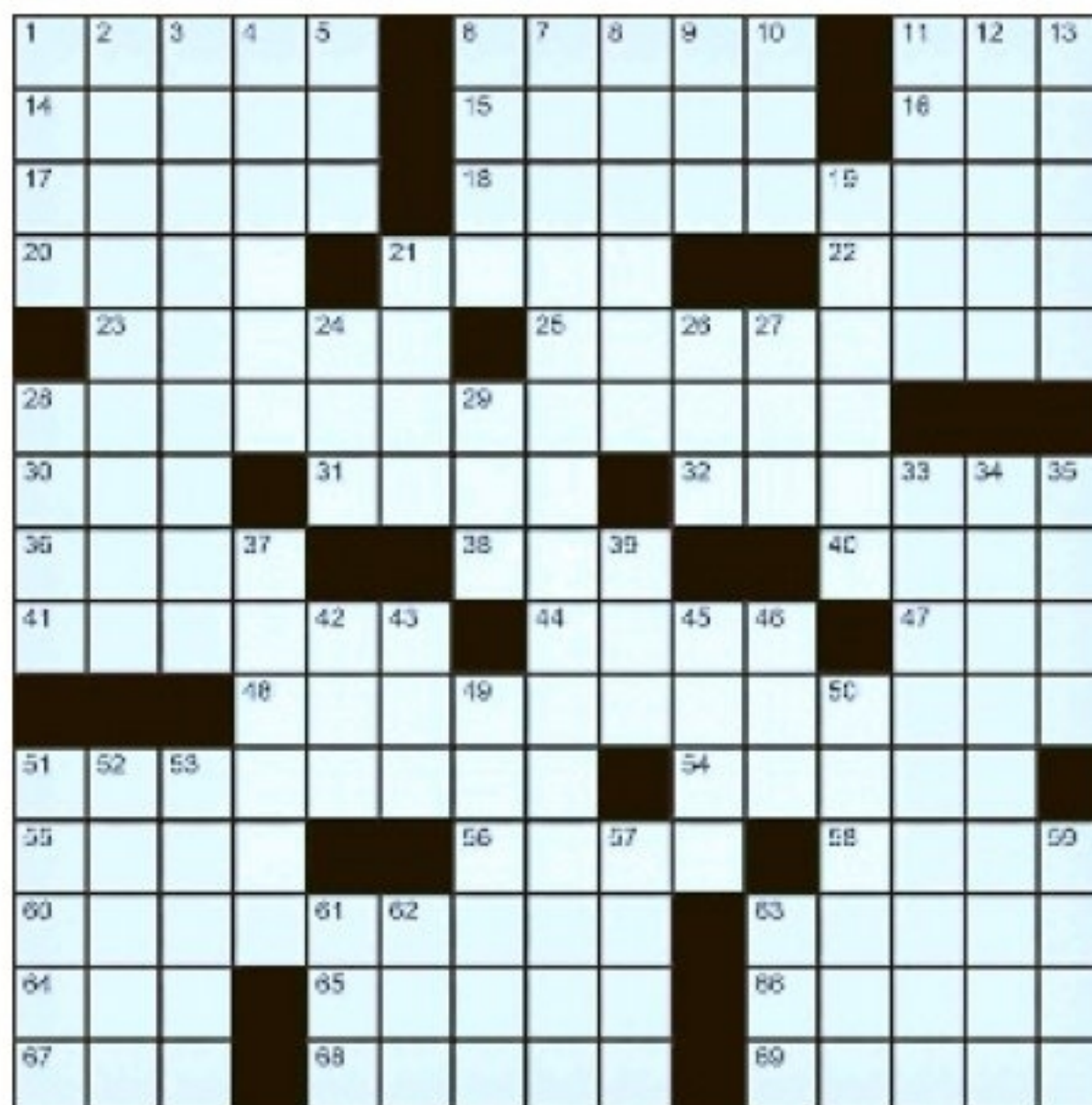
- 6 or 7 stalks of asparagus
- 2 or 3 handfuls of Boston or Bibb lettuce
- 1/2 English cucumber
- 1 handful of cherry tomatoes
- 1/2 avocado
- 1/4 cup feta cheese, crumbled
- Dressing
- 1/2 avocado
- 3/4 cup buttermilk
- 2 Tbsp chives, basil
- 3 tsp white wine vinegar
- 1 tsp anchovy paste

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Do alterations to the client's old suit
- English-speaking Quebecer, commonly
- med student
- Offer one's point of view
- Rock drill
- Red Cross mission
- Bette Davis' character in "All About Eve" (1950)
- out (Expanding one's business, perhaps)
- Plaintiff
- Paving stone
- "Come on, Dover, move yer bloomin' _!" - Eliza in "My Fair Lady" (1964)
- Fido's collar attachment
- Away-from-work breaks
- Serving on a Canadian carnivore's breakfast plate: 2 wds.
- Classic TV Cousin
- Mr. LaBeouf
- Group of four
- Editor's 'let it stand'
- Water channel, e.g.
- Reasonable
- Get the drink to fizz
- Diplomacy
- Murder trial proof, commonly
- Canadian Museum of _ (Former name of the Canadian Museum of History in Gatineau, Quebec)
- Beta- _
- Wide assortment
- Sort of lily
- "That is _ out guitar!" ...exclaimed the '60s hippy rocker
- Salt Lake City state
- Little Bear constellation: 2 wds.
- "Why _ _ _ longer receiving the magazine?"
- Maritime message
- Not hidden
- Do the cha-cha
- Farm animal
- "Turn! Turn! Turn!" by The _
- Wrath



neau, Quebec)
51. Beta- _
54. Wide assortment
55. Sort of lily
56. "That is _ out guitar!" ...exclaimed the '60s hippy rocker
58. Salt Lake City state

60. Little Bear constellation: 2 wds.
63. "Why _ _ _ longer receiving the magazine?"
64. Maritime message
65. Not hidden
66. Do the cha-cha
67. Farm animal

68. "Turn! Turn! Turn!" by The _
69. Wrath
DOWN
1. Followers of CD-
2. Military uniform's shoulder adornment
3. Circus performer,

for example
4. "Just Once" singer James
5. Racing's Mr. Fabi
6. French monastery Superior
7. Saskatchewan city: 2 wds.
8. Dei _ Regina (By the grace of God,

the Queen)
9. "Steal My Sunshine" group
10. Folklore creature
11. Matches
12. Mouthwash-using step
13. Ford vehicles made in Canada
19. Does a ghost's job
21. Ex-ruler of Iran
24. The Outsiders author Ms. Hinton's
26. Group of play scenes
27. Shoe section
28. Leaning Tower of _
29. ' _ ' for Leamington
33. Beaming
34. Aggravator
35. "The _ Martin Show"
37. City in Washington state
39. Movie star, Aishwarya _
42. _-for-tat
43. Genesis fruit picker
45. Russian ruler
46. Driveway covering
49. More ludicrous
50. "The _ Show" (1998) starring Jim Carrey
51. Reason
52. Bow's shot
53. Russian, in Montreal
57. " _ & Minds" (Old show on Bravo)
59. Gardener, at times
61. Gang
62. Brick foliage
63. C-A-N- _ _ _

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today's New Moon is the best day all year to look at the balance in your life with work versus play, socializing and appreciating your creativity. Life should not be all about work.

Taurus April 21 - May 21
This is the best day of the year to see ways to improve your home and your family relationships. It's a great day to make resolutions!

Gemini May 22 - June 21
Today's New Moon is the perfect day to think about your style of communicating to others. Are you clear in all your communications?

Cancer June 22 - July 23
You are frugal by nature. Nevertheless, today is the only New Moon all year urging you to make resolutions about how you handle your wealth.

Leo July 24 - Aug. 23
Because you are disciplined today, you will accomplish a lot. Examine the structures in your life to see what is really working and what is not.

Virgo Aug. 24 - Sept. 23
Take a moment today to think about the values that guide you on a daily basis. This is something we take for granted and often never think about.

Libra Sept. 24 - Oct. 23
Today's New Moon is your opportunity to think about how you can improve your friendships and your relationships with groups. After all, there's always room for improvement, isn't there?

Scorpio Oct. 24 - Nov. 22
People skills are important, especially when dealing with bosses and VIPs. How are your skills for dealing with authority figures?

Sagittarius Nov. 23 - Dec. 21
You love to travel, and you love to learn. Today's New Moon urges you to think of ways to enrich your life through travel and further study.

Capricorn Dec. 22 - Jan. 20
Each New Moon is a chance to make resolutions. Today's New Moon offers you a chance to think about how to get out of debt and handle shared property in a better way.

Aquarius Jan. 21 - Feb. 19
What can you do to improve your partnerships and closest relationships? This might be the best day of the year to think about this. Be honest with yourself.

Pisces Feb. 20 - March 20
Today's New Moon is your chance to think about how to improve your health, as well as how to improve your job or how you do your job.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

5		6			8		3	2
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	2				9		5	3
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3		5	2		1			
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8	5	4	3	1	6	7	9	2
6	7	2	5	9	8	4	1	3
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7	3	5	1	2	4	9	8	6
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